



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01271, Cheese, mozzarella, low moisture, part-skim, shredded

Report Date: July 16, 2017 18:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	44.81	18	0.340	42.14	47.54	7.0	43.99	45.628	1	Analytical or derived from analytical	--	05/2014
Energy	kcal	304	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Energy	kJ	1273	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Protein ¹	g	23.63	18	0.408	21.56	24.95	6.0	22.635	24.63	1	Analytical or derived from analytical	--	05/2014
Total lipid (fat) ¹	g	19.72	18	0.364	17.78	21.58	6.0	18.833	20.611	1	Analytical or derived from analytical	--	05/2014
Ash ¹	g	3.78	18	0.092	3	4.15	6.0	3.552	4.002	1	Analytical or derived from analytical	--	05/2014
Carbohydrate, by difference	g	8.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Sugars, total ¹	g	2.24	2	--	0.99	2.33	--	--	--	1	Analytical or derived from analytical	--	05/2014
Sucrose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Fructose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Lactose ¹	g	1.45	3	--	0.18	1.6	--	--	--	1	Analytical or derived from analytical	--	05/2014
Maltose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Galactose ¹	g	0.75	3	--	0.73	1.03	--	--	--	1	Analytical or derived from analytical	--	05/2014
Minerals													
Calcium, Ca ¹	mg	716	18	16.257	638	862	6.0	676.326	755.317	1	Analytical or derived from analytical	--	05/2014
Iron, Fe ¹	mg	0.23	18	0.031	0.16	0.43	6.0	0.155	0.307	1	Analytical or derived from analytical	--	05/2014
Magnesium, Mg ¹	mg	29	18	1.040	24	34	6.0	26.088	31.152	1	Analytical or derived from analytical	--	05/2014
Phosphorus, P ¹	mg	537	18	12.619	443	603	6.0	506.051	567.583	1	Analytical or derived from analytical	--	05/2014
Potassium, K ¹	mg	131	18	6.755	62	163	6.0	114.114	147.046	1	Analytical or derived from analytical	--	05/2014

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Sodium, Na 1	mg	682	18	24.192	549	799	6.0	623.132	741.159	1	Analytical or derived from analytical	--	05/2014
Zinc, Zn 1	mg	3.61	18	0.081	3.19	3.94	6.0	3.415	3.81	1	Analytical or derived from analytical	--	05/2014
Copper, Cu 1	mg	0.034	18	0.001	0.03	0.06	6.0	0.03	0.037	1	Analytical or derived from analytical	--	05/2014
Manganese, Mn 1	mg	0.041	18	0.004	0.03	0.06	6.0	0.031	0.051	1	Analytical or derived from analytical	--	05/2014
Selenium, Se 1	µg	26.8	9	1.078	24.7	33.4	2.0	22.359	31.303	1	Analytical or derived from analytical	--	05/2014
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	1	Assumed zero	--	05/2014
Thiamin 1	mg	0.029	9	0.000	0.01	0.03	3.0	0.028	0.03	1	Analytical or derived from analytical	--	05/2014
Riboflavin 1	mg	0.367	9	0.037	0.27	0.45	2.0	0.207	0.526	1	Analytical or derived from analytical	--	05/2014
Niacin 1	mg	0.151	9	0.040	0.09	0.24	2.0	-0.022	0.323	1	Analytical or derived from analytical	--	05/2014
Pantothenic acid 1	mg	0.508	6	0.013	0.38	0.55	1.0	0.346	0.67	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.111	9	0.001	0.09	0.12	2.0	0.105	0.116	1	Analytical or derived from analytical	--	05/2014
Folate, total ¹	µg	27	4	1.616	24	30	1.0	10.458	42.793	1	Analytical or derived from analytical	--	05/2014
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Folate, food	µg	27	4	1.616	24	30	1.0	10.458	42.793	1	Analytical or derived from analytical	--	05/2014
Folate, DFE	µg	27	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Choline, total ²	mg	14.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Betaine ²	mg	0.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Vitamin B-12 ¹	µg	1.33	9	0.274	0.75	1.8	2.0	0.15	2.504	1	Analytical or derived from analytical	--	05/2014
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Vitamin A, RAE	µg	254	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Retinol ¹	µg	254	3	--	168	264	--	--	--	1	Analytical or derived from analytical	--	05/2014
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014

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Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Vitamin A, IU	IU	846	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Vitamin E (alpha-tocopherol) ¹	mg	0.49	9	0.022	0.44	0.59	2.0	0.391	0.581	1	Analytical or derived from analytical	--	05/2014
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Tocopherol, beta ¹	mg	0.00	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Tocopherol, gamma ¹	mg	0.02	9	0.016	0	0.25	2.0	-0.043	0.084	1	Analytical or derived from analytical	--	05/2014
Tocopherol, delta ¹	mg	0.00	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Vitamin D (D2 + D3)	µg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	01028	05/2014
Vitamin D	IU	14	--	--	--	--	--	--	--	--	Calculated or imputed	01028	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) ¹	µg	1.3	2	--	1.3	1.3	--	--	--	1	Analytical or derived from analytical	--	05/2014
Lipids													
Fatty acids, total saturated	g	11.472	--	--	--	--	--	--	--	1	Calculated or imputed	--	05/2014
4:0 ¹	g	0.396	18	0.004	0.37	0.43	6.0	0.386	0.405	1	Analytical or derived from analytical	--	05/2014
6:0 ¹	g	0.335	18	0.003	0.32	0.38	6.0	0.327	0.343	1	Analytical or derived from analytical	--	05/2014
8:0 ¹	g	0.209	18	0.003	0.2	0.24	6.0	0.201	0.217	1	Analytical or derived from analytical	--	05/2014
10:0 ¹	g	0.503	18	0.010	0.46	0.6	6.0	0.479	0.526	1	Analytical or derived from analytical	--	05/2014
12:0 ¹	g	0.573	18	0.013	0.52	0.68	6.0	0.541	0.604	1	Analytical or derived from analytical	--	05/2014
14:0 ¹	g	1.842	18	0.030	1.74	2.12	6.0	1.77	1.914	1	Analytical or derived from analytical	--	05/2014
15:0 ¹	g	0.192	18	0.003	0.18	0.22	6.0	0.185	0.199	1	Analytical or derived from analytical	--	05/2014
16:0 ¹	g	5.201	18	0.067	4.93	5.89	6.0	5.037	5.365	1	Analytical or derived from analytical	--	05/2014

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17:0 1	g	0.116	18	0.002	0.1	0.13	6.0	0.111	0.12	1	Analytical or derived from analytical	--	05/2014
18:0 1	g	2.066	18	0.058	1.84	2.31	6.0	1.924	2.209	1	Analytical or derived from analytical	--	05/2014
20:0 1	g	0.028	18	0.001	0.02	0.03	6.0	0.026	0.03	1	Analytical or derived from analytical	--	05/2014
22:0 1	g	0.007	18	0.000	0.01	0.01	6.0	0.007	0.008	1	Analytical or derived from analytical	--	05/2014
24:0 1	g	0.005	18	0.000	0	0.01	6.0	0.004	0.005	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total monounsaturated	g	5.104	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
14:1 1	g	0.181	18	0.006	0.16	0.23	6.0	0.167	0.195	1	Analytical or derived from analytical	--	05/2014
15:1 1	g	0.000	18	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
16:1 undifferentiated 1	g	0.292	18	0.013	0.21	0.36	6.0	0.26	0.324	1	Analytical or derived from analytical	--	05/2014
16:1 c 1	g	0.238	18	0.008	0.21	0.3	6.0	0.219	0.257	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 t ¹	g	0.054	18	0.007	0	0.07	6.0	0.036	0.072	1	Analytical or derived from analytical	--	05/2014
17:1 ¹	g	0.037	18	0.001	0.03	0.04	6.0	0.034	0.039	1	Analytical or derived from analytical	--	05/2014
18:1 undifferentiated ¹	g	4.558	18	0.062	4.27	4.83	6.0	4.407	4.71	1	Analytical or derived from analytical	--	05/2014
18:1 c ¹	g	4.043	18	0.050	3.83	4.27	6.0	3.921	4.166	1	Analytical or derived from analytical	--	05/2014
18:1 t ¹	g	0.515	18	0.014	0.45	0.56	6.0	0.481	0.549	1	Analytical or derived from analytical	--	05/2014
20:1 ¹	g	0.036	18	0.001	0.03	0.04	6.0	0.034	0.039	1	Analytical or derived from analytical	--	05/2014
22:1 undifferentiated ¹	g	0.000	18	0.000	0	0	6.0	--	--	1	Analytical or derived from analytical	--	05/2014
22:1 c ¹	g	0.000	18	0.000	0	0	6.0	--	--	1	Analytical or derived from analytical	--	05/2014
22:1 t ¹	g	0.000	18	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
24:1 c ¹	g	0.000	18	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.861	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
18:2 undifferentiated ¹	g	0.706	18	0.013	0.65	0.74	6.0	0.675	0.738	1	Analytical or derived from analytical	--	05/2014
18:2 n-6 c,c ¹	g	0.471	18	0.012	0.42	0.52	6.0	0.441	0.501	1	Analytical or derived from analytical	--	05/2014
18:2 CLAs ¹	g	0.097	18	0.002	0.09	0.11	6.0	0.094	0.101	1	Analytical or derived from analytical	--	05/2014
18:2 t not further defined ¹	g	0.138	18	0.002	0.13	0.16	6.0	0.133	0.143	1	Analytical or derived from analytical	--	05/2014
18:3 undifferentiated ¹	g	0.076	18	0.004	0.06	0.1	6.0	0.066	0.085	1	Analytical or derived from analytical	--	05/2014
18:3 n-3 c,c,c (ALA) ¹	g	0.073	18	0.004	0.06	0.1	6.0	0.064	0.083	1	Analytical or derived from analytical	--	05/2014
18:3 n-6 c,c,c ¹	g	0.000	18	0.000	0	0	6.0	--	--	1	Analytical or derived from analytical	--	05/2014
18:3i ¹	g	0.002	18	0.000	0	0	6.0	0.002	0.002	1	Analytical or derived from analytical	--	05/2014
18:4 ¹	g	0.000	18	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c ¹	g	0.005	18	0.000	0	0.01	6.0	0.004	0.005	1	Analytical or derived from analytical	--	05/2014
20:3 undifferentiated ¹	g	0.022	18	0.001	0.02	0.03	6.0	0.019	0.024	1	Analytical or derived from analytical	--	05/2014
20:3 n-6 ¹	g	0.021	18	0.001	0.02	0.03	6.0	0.019	0.023	1	Analytical or derived from analytical	--	05/2014
20:4 undifferentiated ¹	g	0.030	18	0.002	0.02	0.04	6.0	0.026	0.035	1	Analytical or derived from analytical	--	05/2014
20:5 n-3 (EPA) ¹	g	0.006	18	0.000	0.01	0.01	6.0	0.005	0.007	1	Analytical or derived from analytical	--	05/2014
22:4 ¹	g	0.006	18	0.000	0	0.01	6.0	0.005	0.007	1	Analytical or derived from analytical	--	05/2014
22:5 n-3 (DPA) ¹	g	0.011	18	0.000	0.01	0.01	6.0	0.01	0.012	1	Analytical or derived from analytical	--	05/2014
22:6 n-3 (DHA) ¹	g	0.000	18	0.000	0	0	4.0	--	--	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total trans	g	0.709	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Fatty acids, total trans-monoenoic	g	0.569	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Cholesterol ¹	mg	65	9	1.415	63	68	2.0	59.093	71.223	1	Analytical or derived from analytical	--	05/2014

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan ³	g	0.312	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Threonine ³	g	1.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Isoleucine ³	g	1.256	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Leucine ³	g	2.372	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Lysine ³	g	1.985	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Methionine ³	g	0.572	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Cystine ³	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Phenylalanine ³	g	1.227	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Tyrosine ³	g	1.283	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Valine ³	g	1.589	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine ³	g	1.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Histidine ³	g	0.692	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Alanine ³	g	0.816	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Aspartic acid ³	g	1.923	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Glutamic acid ³	g	5.530	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Glycine ³	g	0.472	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Proline ³	g	2.612	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Serine ³	g	1.358	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2014

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17e, 2013 Beltsville MD²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 9a, 2004 Beltsville MD